



ALBA Weekend Retreat (Hybrid event)

Programme

Welcome to join in person (Retreat centre shrine room) or online on zoom

Zoom login: <https://us02web.zoom.us/j/86519339952?pwd=dmRubExHYORLdHlFeXZOMk9lT0ZPd09>

Or Meeting ID: 865 1933 9952 and Passcode: 978152

Saturday and Sunday**

6.30 – 7.30 am	Online only - morning puja and meditation
9.00am	In-person registration - Retreat centre shrine room
9.30 am	Login on zoom
9.30 am – 9.40am	Orientation talk
9.45am – 12.30pm	Introduction and Three Refuges and Five Precepts Sitting and walking meditation Reflections
12. 30pm - 1.50 pm	Break for meal
1:50 pm	Gather in shrine room and on zoom
2.00 – 5.00 pm **	Sitting and walking meditation and Q &A
5.00 – 5.30pm	Qigong (optional)
5.30 – 7pm	Break
7.00 – 9.00pm	Evening puja and Dhamma talk

** Retreat ends Sunday at 5pm**



